

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



No. 63

May 28, 1936

THE SOYBEANS

JUL - 7 1936

New points in preparing soybeans for the table have been

developed during the past few months by scientists working with new varieties. Fresh soybeans, they say - the yellow, brown, or green varieties - may be cooked like Limas or any other varieties of shell beans used green. The green beans shell more easily if the pods are first boiled for about 3 minutes. The average cooking time for boiling or steaming the green beans is about 30 minutes, and they may then be served simply with melted butter or white sauce, or they may be scalloped, or used in salad. Scalloped green soybeans with tomatoes or tomato sauce is another good variation.

Prepare dried soybeans in much the same way as navy and other dried beans, but soak them longer and give them much more time when cooking. In general, dried soybeans should be soaked overnight and cooked for at least 2 hours. Simmer rather than boil. As they are very rich in fat, they do not require additional fat in cooking except for flavor.

Other food uses include soy sauce, diabetic and infant foods, breakfast food, oil for cooking and table use, candied, roasted beans with a nutlike flavor, and flour for making ice-cream cones, ice-cream powder, macaroni products, and wafers.

